## ABSTRACT OF THE DISCLOSURE

Amolding composition comprising (A) a fibrous material,

(B) an inorganic filler, at least one of (C) a radical

5 polymerizable unsaturated polyester having an acid value of

3 to 60 KOHmg/g and (D) a radical polymerizable unsaturated
polyester-polyamide having an acid value of 3 to 60 KOHmg/g,
and (E) a radical generator, wherein component (B) has been
internally added to at least one of component (C) and component

10 (D) and amolding composition comprising (A) a fibrous material,
at least one of (C) aradical polymerizable unsaturated polyester
having an acid value of 3 to 60 KOHmg/g and (D) a radical
polymerizable unsaturated polyester-polyamide having an acid
value of 3 to 60 KOHmg/g, (E) a radical generator, and (F)

a di- or higher valent metal salt of a fatty acid.